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Continued from page 1

The Novium museum wins prestigious architecture award



are delighted to receive this best of recognition from the architectural community.

James Redden, RIBA Regional Director, said: "There was a fantastically high standard of entries to the RIBA awards this year and we are very lucky in the South East to have the local ambition and energy talent to be able to complete buildings of this quality. From important civic and public buildings to private houses and the conservation of our valuable historic built environment.

Some Award-winning architects have demonstrated the value of good design as well as the transformation effect it can have on the places where we live."

The Novium tells the story of the Chichester District over the past 500 years. The centrepiece of the museum, are the remains of Chichester's Roman bath house. This has been uncovered for the public to see for the first time and dominates the ground floor of the museum. Since the bath house first unearthed in the 1970s they have been preserved under a car park, until the museum could be purpose built over the top

Market grows to seven!



THE SEVENTH Garden Market at Chichester took place this weekend, with garden stalls lining North and East Streets. It's more than 50 market stalls offering a wide range of top quality garden plants, furniture, services and accessories, visitors took to the streets in spite of the changeable weather.

Gloria Robinson, CCGP board member and Tony's Hardware stall holder, said: "This is always a great market! We're based down

in Barbours, which is a shame for us to miss any Chichester customers and I do see families from well past. It's also lovely to see all the plants and flowers in the City Centre. In spite of its beauty, our City can sometimes look a little grey, so this great splash of colour is so lovely!"

The dates are already set for 2012, when Chichester Garden Show will take place over the weekend of the 6-8 to May.

£400,000 bonus to communities in the Chichester District

LOCAL PROJECTS are being given a helping hand by Chichester District Council.

The council is offering £400,000 New Homes Bonus funding to support a range of community projects.

The New Homes Bonus Fund uses money the council receives from the government as new homes are created in the district. This bonus is based on the number of properties added to the council tax base each year, including new builds and empty properties being brought back into use.

Last year one of the successful applicants was Westhampnett Parish Council which received £20,000 for a new community hall and volunteer project.

Other awards were made to Stury Parish Council which was awarded £15,000 towards an extension on the village hall and Chichester Friends are also playing a part in the award.

Councillor Tony Dwyer, Cabinet Member for Finance at Chichester District Council, says: "This is a great opportunity to support local community projects across Chichester District in a way which has a direct impact on people's lives. The projects will be celebrated by parish councils on behalf of, and with the support of, their residents and will help improve the health and wellbeing of the entire community."

"This funding offers a unique opportunity to create an important building and activities that will

support our local communities for years to come."

Communities that have taken more than 20 new homes include: Barbours, Bignor, Chichester and Hambrook, Palsgrove, Purgess, Sturges, Westhampnett and Westhampnett. Chichester City has taken 25% of all new homes in the district. Many other parishes have seen varying levels of development, and will also be able to highlight projects that would bring benefits to their communities.

The next deadline for funding applications is Friday 23 July.

If residents have ideas for how this funding could be spent, they should contact their local parish, town or city council.



Westhampnett House is set on 35 acres of West Sussex's finest parkland on the outskirts of the historic city of Chichester.

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**Anorak
Corner**

interesting snippets of
information about Chichester

The villages of Lavant (Mid, East and West) and East Dean were served by a station on the railway line that ran between Chichester and Midhurst, but this closed in stages between 1931 and 1991

REFURBISHING & UPDATING GRAND SALE!

£375,000 STOCK FOR IMMEDIATE CLEARANCE

Now, following a change of ownership and to improve the store for the future, we are currently undertaking a massive refurbishing & modernisation project with new store, new products, new layout & displays. We must close the existing stock without delay so that this major work can be completed. The garden centre is presently closed while we reduce prices and prepare the displays for the launch of our **£375,000 REFURBISHING & UPDATING GRAND SALE**.

We must urgently sell all our stock including: trees, shrubs, lawns, bedding & border plants, Mediterranean plants, all sized evergreen trees, hanging baskets, specialist plants, systems of mechanical plants, earth, mulches, compost, tools, lawnmowers, garden tools, accessories, etc., as well as all other garden, lawn, garden, outdoor furniture, water features, etc. **Absolutely Everything Must Be Sold** asap!

PRICES WILL BE DRAMATICALLY REDUCED! THIS IS OUR BIGGEST SALE EVER!
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Scotts 1 x 100 year old oak with 100 year old wren £12.99 now £7.99	H & G 1 x 100 year old oak with 100 year old wren £12.99 now £7.99	Gardeners Choice 1 x 100 year old oak with 100 year old wren £12.99 now £2.99	Gardeners Pantry 1 x 100 year old oak with 100 year old wren £12.99 now £1.79	H & G 1 x 100 year old oak with 100 year old wren £12.99 now £1.99	Plus All plants, shrubs, trees, etc., garden furniture and gifts priced to go


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Sunday 18th May.....10 - 4

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Marlin's success is the fact that they handle the whole kitchen project with designs that are individual to the customers needs and have the WOW factor. The demand for tradition style kitchens remains strong and Marlin have tailored their ranges to suit both ultra traditional all the way to the popular sleek handleless German ranges.

It is also comforting to learn that Marlin have seen a lot of repeat customers, where people have moved house and were so impressed by Marlin's quality kitchens, professional trades, customer service and organisation of the overall project, that they have come back to Marlin for another kitchen.

All kitchens are installed by Marlin's own experienced carpenters and registered trades. From plastering, moving/ replacing radiators, replacement boilers, ceilings, lighting, 'Gas safe' gas, electrics, tiling, flooring, bespoke cabinetry and even

final decorating, Marlin co-ordinate & organise your complete project.

It is easy to see why Marlin are so popular when you are in their showroom, as it is such a friendly and inviting atmosphere and Lynn, Michelle and Vicky take pride in making people feel at ease and without pressure. "There's nothing worse than being jumped on when you walk in to a shop but just as bad is being left alone without even so much as a hello. We exercise the happy medium, asking people if they are happy to browse or whether they are looking for something specific and if they have any questions or require brochures to simply ask."

For more information, visit their website:

WWW.MARLINKITCHENS.CO.UK or call Marlin Kitchens on 01243 778686 or visit the showroom at 7 Crane street (off North Street), Chichester

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Spate of vehicle crime at beauty spots in Chichester district



Local beauty spot car parks have been targeted by thieves

POLICE are advising drivers to secure their cars and not to leave property in them after more than 20 vehicles were broken into at beauty spots in the Chichester district.

The spots of break-ins happened

near the bank holiday weekend starting on Saturday (3 May) through to Tuesday (5 May).

"Whether parked at beauty spot car parks in Goshing, South Hanning, West Steyly, East Looe, East Dean,

Pewsey, Grafton, Gillingham and Dunham were all targeted with various property stolen from them.

PCSO Lisa Shadish said: "We are urging drivers to lock their vehicles and remove any property from them at all times or leave it at home."

"Simply leaving vehicles under the seat or in the boot isn't enough. We also need people to report any suspicious activity to our police."

Anyone with any information about these crimes is asked to call us on or email 101@westsussex.police.uk quoting serial 324 of 12/15.

Sickening abuse in road rage incident – are you the 'Anna' who witnessed this?

TWO DISABLED pedestrians were seriously abused during a road rage incident in Chichester.

A man is reported to have sped past the couple in a black BMW and when the woman moved her stick in an effort to tell him to slow down he returned and was extremely aggressive, pushing his face against the mother's face and shouting abuse and threatening them.

Two women and two teenage girls witnessed the incident and one called Anna left her mobile number with the witness but

the number was written down incorrectly.

Police are keen to trace Anna and anyone else who may have witnessed the incident at Standish Drive close to Harewood roads last at about midday on 15 May.

If you have information please contact officers on 101 or email 101@westsussex.police.uk quoting serial 0113 12/15. You could also call the independent charity CrimeStoppers on 0800 555 111.

Police appeal for witnesses following Selsey security guard robbery

SOONLY after an incident on Friday 1 May police attended the Kings High Street, Selsey, where a security guard returning from the National Westminster Bank to his car was robbed.

He was confronted by a man in dark clothing and wearing a black motorcycle crash helmet who threatened him with a weapon (not a firearm) and forced him to hand over a bag containing several

hundreds of pounds in cash.

The robber then ran off in the direction of Crab Road. His car was lost.

Police noted off the area and a helicopter was called in to help search for the suspect, who was seen had an accomplice or accomplices.

Officers also carried out house-to-house enquiries in the immediate vicinity and alerted neighbouring Hants and Avon Police to the incident.

Anyone who saw what happened, noticed any suspicious activity before or after, or who has other information is asked to phone Sussex Police on 101 or email 101@westsussex.police.uk, quoting serial 0101 of 12/15.

Alternatively they can contact the independent charity CrimeStoppers free and anonymously on 0800 555 111.

Two car collision closes road south-west of Chichester

CHICHESTER ROAD (A101) at the 12.5 mile Southdown Lane at Standish, south-west of Chichester, was completely blocked at the junction with Hookers Lane following a collision between two cars: a Ford Focus and a Lotus.

The two drivers were taken to

St Richard's Hospital, Chichester, though neither was believed to have been seriously hurt.

Anyone who saw what happened is asked to phone Sussex Police on 101 or email 101@westsussex.police.uk quoting serial 12/15 of 12/15.



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More than 30 new Specials to help police their local communities



THIRTY FOUR volunteers, who have successfully completed more than six months of training, will become specialist police officers at an 'Ambassador' ceremony, held at Sussex Police headquarters on Friday (5 May) evening.

Ambassadors is a process by which a newly appointed recruit to Sussex Police becomes a Special Constable with all the powers and

responsibilities which that entails. The evening ceremony will see all 34 officers make a declaration in the presence of a Magistrate, before receiving their warrant cards.

Subjects of the new recruits will be based in West Sussex while the rest will be to the rest of the region. They are from all walks of life and include grey-haired former Democrats, a mechanical Design Engineer, originally from Poland. When asked

about how he feels about becoming a warranted officer Thomas said: "I wanted to become a Special because helping others makes me feel good about myself, although I appreciate that any woman's life is well lived, being a father of two young children. I think that helping and protecting others is what the naturally programmed in us."

He is amongst 140 not yet having become a Special Constable in the village. I live in, in the same way some of my colleagues do, but I know that the more I have contact with the local community the more I will feel responsible for helping to keep them safe. I've already noticed that attending training I tend to talk lots of more personal situations around me. Taking the call and receiving my warrant card on Friday will make it all more official, and take it to the next level."

Detaine Stevens, a 40-year-old Camphire Manager for Arvon London and parent of two, said the following about becoming a Special Constable: "This is something I have wanted to do for a long time. Both my dad and brother work for the Metropolitan Police Service and so I have grown up having a keen interest in the police. When I applied for

the job last September, I felt that it was the right time to be able to use some of my life experience working within local communities to support the regular officers in enforcing laws and making Sussex a safer place for people to live and visit."

"Some people have questioned why I want to volunteer for a job where I could lose dangerous situations. My answer to this is that I wouldn't go around taking everything the hard way that they are happening around us. The more people that are willing to volunteer a small amount of their time and provide more police visibility within our local communities, the more we can make a difference. Seeing clearly and young people feel safe walking and playing in their communities will be very rewarding for me. Personally, I love a challenge and enjoy the variety of work which I have to get started."

Sussex Police and Crime Commissioner, Gary Borthwick, who will be speaking at the Ambassador evening and launched the Specials recruitment campaign in 2013 said: "I am looking forward to the Ambassador evening as I've had the pleasure of observing this particular cohort at various stages of their training."

"All 34 new recruits should be very proud to have successfully managed to get this far as what is a rigorous training programme."

Ambassador Chief Constable John Smith, said: "Special Constables are an integral part of our police family. Across Sussex 400 people currently give their time to the role, working alongside our police to keep people safe and out crime. It is always pleasing to meet people who give their time so generously to benefit the local community and I am looking forward to meeting the new recruits on Friday to say thank you and welcome them to our team."

Mrs Thomas continued: "Special Constables have been involved in policing Sussex since 1836 and are an integral part of policing in the modern world. I am a huge advocate of the benefits of volunteering and helping to make a difference in your local community. That is why I launched the recruitment campaign back in August in order to increase the number of special constables working in Sussex to 450 by 2017."

To express an interest in the role, please visit www.sussexpolice.uk



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University unites against homophobia and transphobia in sport



University LGBT officer Shane O'Brien (left) with Chichester students.

A PLEDGE to tackle homophobia and transphobia in sport has been signed by students and staff from the

University of Chichester.

More than 100 people from the institution met this week to sign the Sports Charter, which aims to create discrimination-free spaces by supporting lesbian, gay, bisexual and transgender athletes.

The bill, introduced by the government in 2010, has already been backed by a number of major sporting bodies - including the Football Association, English Cricket Board, British Tennis Federation, as well as the Rugby Football League and Union.

Shane O'Brien, LGBT student

officer at the University and "The Sports Charter shows a welcome light on a long-standing issue, and has the potential to act as a much-needed catalyst to encourage people to address homophobia and transphobia."

It is similar to the recent marriage bill - not everyone wants to get married, but they can opt in if they choose, while some people want to play sport but feel unable because they are gay, as this will protect them in the future."

The Charter promotes fairness, equality, respect and dignity by

encouraging people of different sexual orientations and backgrounds to participate in sport.

It is also associated to working with lesbian, gay, bisexual and transgender groups to rid games of homophobia and transphobia, while ensuring those taking part challenge unacceptable behaviour.

The University's pledge to the Charter is part of a long history of promoting gay rights which started with former chief of governors Lord John Mordaunt, whose recommendations to the government in 1992 led to the legislation of

homosexuality throughout UK.

Byron, acting Vice-Chancellor Professor Glen Burgess said: "I want everyone who works, studies, or visits the University to be totally comfortable with their identity and be able to express who they are as if they do not."

"The Sports Charter is a clear statement that homophobia and transphobia have no place in sport and we are proud to sign it."

To find out more about the University of Chichester's pledge to tackling homophobia and transphobia visit www.uo.ac.uk/equality

Lec F1 car to break 35-year lay-off at Goodwood



ONE OF FORMULA 1'S FORGOTTEN MACHINES, the Lotus GP19, will have a wheel in action for the first.

It is over 35 years since the Goodwood Festival of Speed was born.

The GP19, which last appeared at the Thurston round of the American F1 Formula 1 Series.

In 1979, and previously put the car among the greatest by leading the 1979 Belgian Grand Prix.

Now in the hands of David Purley, has been restored by HRC Motorsport and will be shown.

Up the iconic Goodwood Hillclimb by Festival of Speed and Festival regular, Jim Treman.

The story of the Lotus is fascinating. Charles Purley, owner of a Regatta House rising in the

business, provided financial backing for local team Church Farm Racing, which had already achieved success in Formula 1 with future motor racing legends

Derek Bell and John Surtees.

When Surtees retired from a second hand March chosen in 1979.

Purley's son David led the business almost entirely, his journey in attempting to pull together

Millions out of the burning wreck that would not let him live

at that year's Dutch Grand Prix, setting the former

owner a Group 1000. Lotus debuted its first production, Ford Cosworth-powered GP19 in 1979, having used engine

from a single chassis to manufacture the bodywork parts of the car during that night.

The high-speed of the Belgian GP at Spa, where Purley led from 1979 to 1981.

Before falling back to fourth 1981.

While Purley would only see his bid at an auction sold off the coast of England in the

age of 40 in 1989, the team - run by Mike Earle - and through several phases, scoring

an F1 podium at Oulton in the 1989 Portuguese Grand Prix with

André Ribeiro and becoming a regular attendee at the Port of Spain.

Jim Treman, driver, said: "The car has been through a complete restoration process since

being bought from the Purley family and taken out of the Donington collection around two

years ago. I don't want to have a go on the hill as it's the aim is to reach the track, not to

break it. It's a car, which I think should be shown for the

PUBLIC ENGAGEMENT EVENT

We are proposing a new supermarket, petrol station, hotel, community facilities and restaurant, along with new housing on the Land at Park Farm, Selsey, at the junction of Manor Road and Chichester Road.

What do you think?

Landlink Estates, working with Marsh & Baxter Properties, would like to build a new supermarket-led development at Selsey. Before we submit a planning application we would like to know what you think of our plans.

Following comments received from residents of Selsey at the 2013 appeal, and after extensive consultation with the Selsey Town Council Neighbourhood Planning Group (NPG), Landlink Estates is seeking to replace the appeal consent won last year with one that fulfils many of the points raised by residents.

We are proposing a new quality supermarket, petrol station, hotel, community facilities and restaurant, along with new housing that follows the NPG design guidance.

We are holding an exhibition of the proposals where members of the development team will be on hand to receive your comments and suggestions and to answer any questions. Please come along and have your say.

VENUE: SELSEY TOWN COUNCIL LARGE HALL
55, HIGH STREET, SELSEY
TUESDAY 20TH MAY 2014
11AM-6PM

You can also send us your views by e-mail to:

comments@parkfarmselsey.co.uk



£1m Operation Watershed flood fund back by popular demand

A £1M FUND is available now for communities in West Sussex to bid for to help them prepare against flooding.

The popular Operation Watershed Active Communities Fund – set up as a way by the County Council to help communities tackle flooding issues – has been extended for a further year.

Last year's success was linked out to community groups across the county to help them with projects such as digging new drainage ditches, clearing out culverts and developing ponds. The public response to the fund was so great that the County Council decided to approve a further fund of £1million to help similar community projects this year.

It opens after the winter start to the year as West Sussex snow records begin.

County Council Cabinet Member for Resident Services, Joanne Turner, said: "Due to popular demand, we have extended the Active Community Fund for another year."

"We want to support projects that make our communities more resilient to flooding and protect people and their homes."

"We are encouraging parish councils, Flood Action Groups or any other community group to apply."

To be eligible for the fund, any application must:

- be made by an established community group in West Sussex, with its own banking facilities,
- address areas relating to flooding, flood alleviation and/or flood resilience, and
- demonstrate a commitment to developing future flood management strategies in their area.

County Council officers will be available to assist groups throughout the application process, and advice on any technical issues that arise.

For more information, e-mail operation.watershed@westsussex.gov.uk

Alternatively visit www.westsussex.gov.uk and type 'Operation Watershed' in the search bar.

New Cabinet Member for Education and Skills



Jeremy Hunt

THE LEADER of West Sussex County Council, Louise Goldsmith, has appointed a new Cabinet Member for Education and Skills.

Jeremy Hunt, who represents the Chichester South division, has been appointed to the newly created

position and is now responsible for:

- Education, School and Learning Liaison

- Further Education Liaison
- Skills Development and Apprenticeships

For Councillor, the Cabinet Member for Children – Stuart of Loh, will continue to be the Local Member for Children and retain responsibility for:

- Third Family
 - Children's Social Care
 - Youth Services
 - Youth Justice
 - Children and Families Health
- Previously Jeremy was the Deputy Cabinet Member for Children – Stuart of Loh, with a

particular focus on education and schools.

Jeremy has lived in West Sussex for nearly 40 years. He is a member of OJL and they have two grown up daughters.

After a period of his working life as an oil steel manufacturing and processing industry before retiring to school.

He was a member of Chichester Rowed Table and a past chairman of the Sussexwide Rowers' Association.

Jeremy is a keen dog walker and rugby supporter. His other interests include motor sport, chess and the theatre.

Volunteer for speedwatch in Chichester

PEOPLE interested in helping their made safe on whether for community speedwatch.

Chichester Nightwatch Police Team recently have set up speed camera equipment known as SPD's (Speed Indicator Device) to volunteers to educate drivers of vehicle speeds in the community. Volunteers are trained and provided with safety assessed kits to use the equipment.

Local Chichester volunteer Gerry Sewell, said: "I and other volunteers are group up our time this week to carry out speed enforcement with the help of West Sussex County Council and the police. We are out on all sorts of roads in Chichester, including rough and rough streets, roads with and without speed limits. It is a great way to help the police in their work of reducing danger what the road leads are in busy, built up

areas. I want to make sure that our streets are made and people freely available enjoying a community speedwatch in a way as which I can help to make a difference."

An eye interested in joining one of the nearest to volunteer groups directly to operation in Chichester District, or just simply want to know more? Then contact your local PCSO who will be happy to give you more details.

New guide helps to make even more of the Chichester district accessible for everyone



Members of the Chichester Access Group with group chairman Charles Francis, Councillor Roger Gidley of Chichester District Council, and Matt Brown of Palace House History at the launch of the guide of Palace House History in Chichester.

A NEW GUIDE that provides information about accessible public buildings, businesses and leisure facilities is now available.

The Palace and District Access Guide from Chichester Access

Group (GAG) includes information on accessible, medical building, shops, community and leisure centres, places to stay, and many other categories of interest.

The new guide is the third in a series from the group, a charity

which is supported by Chichester District Council. Chichester City Centre and Mallard guide are already available.

The new Palace and District Guide covers the eastern side of the Chichester district, to the north of

Chichester City, and includes a large area of the South Downs National Park.

The series of guides detail all the amenities available to the disabled within the district. They also include parents and grandparents to issue where they might only be able to take a small child to a pub or bar.

Clare Spencer, access group chairman, said: "I am extremely proud of all the effort the members of the group have put in. It is so very hard to access an area as large as the Chichester District, much of which is rural. All their hard work is rewarded by the encouragement and good wishes the group has received from the residents and businesses in the area that we guide them and we look forward to completing this area. We would not have been able to do this without what we have learned from the support we have received from Chichester District Council and our other sponsors."

The group's previous guides not only contain vital access information, but also act as a directory of what is available in an area and that the will boost the district's commercial viability.

All the access group members are volunteers and are either disabled or have a connection with disability. Their personal experience enables

them to fully appreciate the needs of the disabled and the everyday challenges they face in accessing buildings and services.

Councillor Myles Gidley, Cabinet Member for Community Services at Chichester District Council, said: "We are really pleased to be able to support GAG and the work that they do. The group leaves their hard work difficult it can be accessing businesses and shops within the district and so it's really pleasing to see how many businesses and buildings are accessible. Hopefully it will encourage even more people to run our beautiful district."

The guide is available in public places such as libraries, council offices and leisure information centres and is also available on the access group's website, www.chichesteraccess.org.uk. You can also request a copy by leaving a message on 01243 833636 or by email info@chichesteraccess.org.uk.

From Chichester District Council's East Pallard House reception.

Funding for the guide came from Chichester District Council, West Sussex County Council and the South Downs National Park Authority.



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Graeme Clements on 01243 731438

By order of the British Empire – ‘Take That’ back!

I am going to have to be Diogenes of Sinope for this week. Some people are saying that anyone would have done what Gary Barker did. Try and avoid pomp and try and avoid people like me, the Editor of the British Empire. When David Cameron suggested thatwork that the former Tote that Cameron shouldn't have a hand has owned back because of the charity work he has done I felt my head in my hands. What was the angle has done he has not denied himself from with increased sales. But what really made me annoyed was that around 1,500 a lot of people writing very long and elaborate for charity. They are doing it in order to avoid the help of larger officers and the only way around it of them could possibly be avoided is that one of the reasons they are doing it might just be the need to belong to something or feel a part of something. I see people saving money in the street, wearing the shirt, helping out to cross, making good looks and looking like, looking after the world around, doing hard manual labor. To ensure one's appearance, even making their lives – and they are not putting in



Alis Moss

On the Case

Oh, did you old Diogenes, but I just don't think you can do him of information proportion to the public good and keep your business – and make no mistake, the volume reached by the individual advice that those Tote that hand members and their money submitted to – did that. The pay star's CEO ought to be revealed like the other. Fred Goodwin's lambasted after the same he left for the top paper at RBS. Or better still, Gary gave it back yourself.

From hands to hands – they're all at it

When was a teacher who was named Head Teacher of the Year in 2007 and awarded a CEO has been named from teaching for his other claims from school funds more than 10 years for a year holiday

back and paying for two three work nearly the same again out an school because. It is to him a good teacher when we do badly need them. Perhaps we should have just forced him to write out a hundred times "I must not abuse my expense" and allowed him to carry on teaching.

The fact that hardly any one of public life seems to be immune to the same wonder if there are a reason why people believe him that? Is it just because we don't let a legacy of the one-time? Is it because we live in a world where without a moral code without it is not? Is it because we are big negative getting away without going too or doing do as we can? Is it because we've seen someone who taught at a world war trained badly so we justify taking what we can? Or do people just do what they think they can get away with?

How in the World? First, a very strongly positive friend who has looked with. Second, for years, we're with a very good at the center and was

promptly paid off for doing so.

For such a small sum you should certainly, even the world. I have never for knowledge. First of all, not everyone was any good at a little else, and usually we are not school children to be told how there should come our own money.

There might be any number of reasons why someone would prefer to withdraw their cash from a roller rather than queue for the machine.

Street Talk

I walked straight past someone I knew this week. What is the chance for seeing someone when you catch one student's eye but don't quite stop. They have recognized you or want to stop? Yes, don't want to understand them or secondly by accidently changing up to them, clapping them on the back and knowing out a heavy ball, do you? Then again, I did the complete reverse. I was a student at the time, up north, and had just got off a bus. A woman who had also got off clearly knew me. Together we traded the long to meet our work.

back to the campus, sharing an accurate conversation throughout which I hadn't the biggest idea who she was or what our common ground was. But I managed not to get it away slowly.

Walden

I am a huge fan of the late writer and naturalist Ralph Waldo. Really, the only book published in his lifetime was *Walden*, a near perfect journal about looking out across nature through wild waters – grass, birds, sun and rivers. How can reading *Walden* – he walks through trees. It's not as good though as beautifully written, and full of Walden's experiences and observations of the countryside. Reading today's chapter I picked up a useful tip. Fleas and insects don't like pale blue and will avoid it – a reason why old country houses are often painted that color.

Contact Alis Moss @chichesterherald.co.uk

Write it and Zip it

Lucky Mike in the middle of his career and even talking about himself to third parties no longer interests him like it used to. It brings you down being challenged all the time. There are only so many chapters I can draw of things in review before I know all sure about anything in a story.

But I can almost (ALMOST) be doing with the same. What gets me is when you come out of the school hall and everyone feels the need to discuss everything about the questions. At least you can agree the class of being given things wrong when you're not sure that you actually have, but there's nothing more anything than everyone discussing an answer and you thinking "Oh Jesus Christ I did not get that".

What's ridiculous is that it's so unnecessary. Like, you're already given in the test paper and it will cover all in your heads again – this is a blessing and a curse. That's how HAVE to talk about words in the exam, for those after the exam when you're not of it.

Already I know that I called someone someone in the biology class. Already I know that I did not speak loud enough in my class. Already I know that I felt to mention the Sunday in Life



Mia Edwards

in Office. I can get to know any of these grades, that is simply the best feedback of my peers. And it's things that I suddenly would not be from.

I don't understand comparing actual grades either. There's no point in all that "What did you get?" that follows every test, because either way somebody's gonna come out of it feeling worse about their mark than they did before. There have been times when I've been fine with a result until all my friends have told me that they're mark, and vice versa. As a true point in a reality.

So my suggestion is to be still. When I understand as difficult given the exam system. But can you just stop down that back black pen, the DYER. You can't do anything about it, so be a back and shut up about the answers. If you're a love well like me, you can just accept off after most: mean to your teacher, to avoid the end of the question.

On a lighter note, good luck everyone. Have a ball.

Photo of the week

#Chichesterphoto



Photo credit: @chichesterphoto

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National News

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News in Brief

• The driver of the wheel of death that landed in Cornwall killing two people has been released on police bail. A 37-year-old driver from Dorset was arrested as witnesses of causing death by dangerous driving. The coach crashed onto a bridge and struck a wall on a steep hill at Morrell, near Looe, on Tuesday. Two women died and two passengers sustain a serious, life-threatening injury in Morrell. All six passengers were on an Agri Gators trip from Cornwall.

• A 46-year-old man from Essex has been hit by a coach on a motorway, and sent to a nearby for emergency. A 19-year-old male from Essex was taken to hospital in a state of collapse on Sunday. It was said he was hit by a motorway in London. It was said another motorway, and Mr Wilson, who lives in Halesford and represents Halesford and Broom.

• When three 15-year-old girls were killed after the lorry carrying them crashed onto a motorway on the M11 in Greater Manchester. The lorry was carrying 15-year-old girls when it crashed on the motorway carrying them. The crash is said to be about 100m from 15-year-old girls were killed and a motorway, North West Motorway, Halesford.

• Police in Oxford say up to 10 young women have been identified as potential victims of a paedophile ring operating in the area since the city. Nearly a year ago, seven women were contacted by a man and told they were going to be killed. The victims were contacted by a man who was said to be a paedophile. The victims were contacted by a man who was said to be a paedophile. The victims were contacted by a man who was said to be a paedophile.

• A teacher who landed and landed a pupil has been banned from the profession for life. A teacher who landed and landed a pupil has been banned from the profession for life. A teacher who landed and landed a pupil has been banned from the profession for life. A teacher who landed and landed a pupil has been banned from the profession for life.

Fundraiser Stephen Sutton dies at 19



Stephen Sutton died on Wednesday after raising millions for charity

TEENAGE actor fundraiser Stephen Sutton has died peacefully in his sleep, his mother said on his Facebook page.

The 19-year-old, from Exmouth in Devonshire, raised more than £1m for the Teenage Cancer Trust after news of his plight spread on social media.

In a post announcing Stephen's death, his mother said he was a "compassionate, resilient, independent man".

Stephen was diagnosed with terminal cancer aged 17.

Rather than dwell on his

misfortune, the teenager drew up a "bucket list" of things he wanted to achieve before he died.

This led to him completing a play and playing drums as head of 10,000 people before the 10th Cheltenham League final at Wembley last May, among various achievements.

Mr Sutton said in his statement: "My heart is breaking with grief but breaking with pain for my compassionate, resilient, independent son."

"The ongoing support and

help given at this difficult time, as the same way as it helped Stephen throughout his journey."

"We all know he will never be forgotten, his spirit will live on, as it should be remembered and shared with us today."

Stephen was motivated to launch on Tuesday after developing leukaemia following illness caused by the receipt of his cancer.

He had initially set out to raise just £100,000 (£50,000) for charity, but his fundraising campaign attracted huge attention last month after he posted a video online.

The page went viral and attracted the support of celebrities including Jason Mordaunt, who championed Stephen's charity efforts.

Playing tribute, the comedian and Stephen "was the most important person. I've ever met and I could never have been that way over him."

He was an incredibly positive young man and a model to be proud of, to be proud of and to be proud of.

"The result, we took to him as personally as we could. He was better than us, he had something that some of us could only imagine doing."

New clues in Claudia hunt

A 37-YEAR-OLD MAN from York has been named as a suspect in a missing woman case, Chichester Herald.

The man is being questioned about 37-year-old Mrs Lawrence's disappearance in the city in 2009. He has been named locally as Michael Dooling.

North Yorkshire Police have been carrying out forensic examinations

at Mr Dooling's house in Lincolnshire.

A house in North Lincolnshire, Tynedale, is also being searched as part of the investigation.

Police have also issued a car and further arrests could not be ruled out.

Forensic officers have been working on the property as part of this investigation at the house in York.



Claudia Lawrence went missing in 2009

Taxing times for star names

OLYMPIC heaving star Colin Jackson has revealed in a company that needs to raise millions, as he has been revealed.

The Cardiff-born former world champion heaver turned BBC athletics pundit revealed in a company called Spidek.

It follows news that three members of the band Take That may have to pay back millions of pounds in tax over a long period.

The Take That stars and their manager revealed money through a company called Spidek.

Gary Barlow, Howard Donald and Mark Owen - along with manager Jonathan Malt - were

among about 1,000 people who pay money to finance property supporting the music industry.

During prime minister's questions on Wednesday, David Cameron was asked why he would not reinstate the tax office of "Tory-supporting Gary Barlow" by Labour MP Barry Sheerman.

Mr Cameron said he condemned all tax avoidance, before saying a Take That lyric to say "We want your money back for good."

Earlier this week, the prime minister reported why for Take That to fund his 2014, also reports that the musician had used a tax avoidance scheme.

Five-year low

THE NUMBER of people out of work in the UK fell to a five-year low of 5.1%, the Office for National Statistics (ONS) said.

The number of people in work rose to 30.4 million, the highest

since records began in 1971, helped by a rise in full-time employment.

Among savings in the three months to March were up 1.5% from a year earlier.

The growth rate in wages, which includes bonuses, was unchanged from the previous month and was slower than analysts had expected.

Chichester Business

Stress free weddings are not possible.... They are now.



Thoroughly devoted from the water table and behind to the glorious spring sunshine, it was the long before we hear 'hello' during every weekend of our local director. Yes, this comes one day - wedding season, anyone?

In the City we have a number of businesses offering further services that can help, such as your local dry-cleaning, and one of them is Your Perfect Day Ltd. Established this year, the local new business is already busy taking bookings from second brides and grooms.

Run by the Elythean, each takes responsibility with managing a

a different aspect to the business. The includes planning, site taking, hair & make-up and photography.

Covering an extensive go-to list, the family have managed a gap in the market for what the money wedding package. 'We wanted to deliver services to couples without breaking the bank,' explained Nina when I spoke to her. My father, after 30 years and wanted to be his own boss, and create a way to bring the family together with the skills we each have.

With a number of qualified bookings for the wedding season, ranging from car hire through to the full service, the family are keen to take the stress out of wedding planning with their business, which is opening its very popular, healthy, locally owned and family have just purchased a new car to add to their package portfolio.

'Wedding packages grow from just £100 on. This makes it easy to manage and offers the business the opportunity to select services required from its client price matrix. It's great to see that an otherwise complicated area of planning and decision making is



being simplified in this way. The company runs across as local business professionals too - just what you need for a day that can create all kinds of stress and stress from managing long list releases to vendors and locations.

'It will be a number of bookings for this year, we have recently formed a great working relationship with Huddley Hall, Brighton, as one of their preferred suppliers which is really exciting,' says Nina. The father-in-law also there as a real for a business like this locally.

It's so encouraging seeing a business offering a whole new money wedding service, I have known

friends who have ended up having thousands on their wedding and I find it quite amazing when I hear just how much everything was not. Fortunately, I don't have that to worry about just. I find it comforting enough trying to take the stress out of being a wedding guest, let alone having to think about planning a whole day for a group of family and guests to enjoy. I have just one wedding this year to get planning on credit for, I wonder if the business will offer wedding packages when you are a day too.

Pop on to www.YourPerfectDayLtd.com to see more.

Do you run a business in Chichester? Then share more with rights about your events, products or services you have about us so that we may be offering you, which may be discussed within a future column. Kylie@ChichesterMagazine.com or [ChichesterMagazine](https://www.facebook.com/ChichesterMagazine)

Covers Chichester 'Talk Eco' in May

THURSDAY 17th the month of May, every Wednesday morning from 9am to 10am, Green Talk Centre, Chichester, invites members of the public and trades people to meet a member of the Green Talk Team to Talk Eco.

Attendee can choose all the important aspects of our building to today's market with trade experts. Green offer a full range of eco-friendly products on a supply only or supply and fit basis. For example, insulation, photovoltaic solar, biomass, heat pumps and rainwater harvesting, as well as much more.

Graham Clements, Green Talk Manager, said: 'Our Talk Eco events are a great opportunity to spread the word about new products. We are passionate about our ability to make our planet a more sustainable place and these days, our products must not be environmentally expensive or highly complex. Our team of experts can on hand throughout the morning and will be able to answer questions and trade people on specific projects and needs as well as discuss opportunities for free home surveys and specifications.

Based at the Green Trade Centre, Chichester, between 9am and 10am each Wednesday throughout May to meet the Green Eco Team. Offering eco-friendly products on construction today without only today, but the industry more sustainable in the long term, many help save money by reducing future outgoings, for example photovoltaic solar and biomass could reduce gas and electricity consumption and their associated costs.

For further information about Green Talk Eco, email: info@greentalk.co.uk or call: 01243 200999 or visit www.greentalk.co.uk

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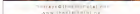
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Hundreds of people attend The Grange Centre's free fun day

Luttrell (77) and Luttrell (8) enjoy making George Houston City, Austin 18-Rainbow
 Project, Dismantle.

HUNDREDS of people took part in The Grange Centre's free fun day on Sunday 11 May, to celebrate the opening of the new centre in Midhurst.

The movie also had a little help from its most famous user, George Hareless (19), who is the Under 20 British Freestyle Champion. He provided helpful tips to the wannabe skiers, such as the fact

"The new centre is fantastic. First lot more to talk than the old centre and provides me with much more advanced training," says Garcia.

"The atmosphere is great and the staff and instructors are really friendly. It really is a great place to train."

"Both the old and new movies have been really supportive in helping me to train towards the Tokyo Olympic Games in 2020."

really appreciate everything they
are doing to help me.'

The larvae and community centre, which is run by Chorley District Council, provided residents with the chance to try a range of activities— including badminton, post-school gymnastics, short tennis, table tennis, boxing, trampolining and even karate.

The large sports hall was filled with a honey-cattle and even a goat truck! For the adults there were also better classes in Pilates, Kettle Balls, Peloton, Interval Training, Spinning, Fitness Pilates and Power Yoga.

"I think that the new centre is amazing. It's a really fantastic facility," says Jones.

"There's so much light in the new centre and the response. Everyone wants to come here. There are just so many different things in it."

"My daughter attends the ballet classes and my children have attended the homeopathic parties here. The kids just love it. There's something for all ages - even short cut heads."

The Charleston Wellbeing team were also available to offer help and advice on a range of issues.

"Our free open day gives us the chance to celebrate our new community facility and to provide people with the opportunity to try a variety of activities and find out more about what the centre offers," says Cllr Eileen Loxell, Cabinet Member for Housing and Community Services at Chelmsford District Council.

"Everyone had a fantastic time and the centre was busy all day. We are incredibly proud of the new centre and the feedback has been very positive. The centre offers so many services under one roof, including leisure services, a library, community facilities, a register office, a bar/café and council services, making it easier for people to access them."

"Those who waited for the first time were surprised at how much was possible under the program."

People can find more information about the centre at www.westphalia.nhs.gov.uk or call 01924 666611.

Covers congratulate Chichester Rugby 1st XV on promotion to National League 3



CHICHESTER RUGBY FOOTBALL CLUB, based at Adolphus Park, Chichester and known as The Grays, notably prospered as a result of the out-of-play promotion to National League 2.

Challenger successfully won the match last month making them

Cover Managing Director Henry Green, said: "We have sponsored Chichester Rugby Football Club for two years. The club, founded in 1906, is a genuine part of the

community as in Cowen, have been established in Chichester for over 150 years. The matches, both friendly and competitive, are always great to watch.

"It gives me believe it's important to support the local community. Well done to the 1st XV team and congratulations on their promotion to National League 2. Further congratulations also go to the 2nd XV team who won their Scottish Division 4 league to gain promotion and success also."

On behalf of everyone at Cows, congratulations to the Chester & Faye Football Club, we are proud to be sponsors of this ever improving club and look forward to entering this into the next season!

For more information about Cows Taster and Builders Merchants, please visit the website www.cows.co.uk. Keep up to date with Cows taster and events on Facebook, <http://www.facebook.com/CowsTaster>.

Michelle takes home top prize



Michelle Haywood is presented with her hamper worth more than £200 by Lynn from House of Flowers from CCGP Richard from Lisa Edwards. Also there were Lisa Kennedy and Lisa from Housings.

FOLLOWING the success of the Chichester's Got Style event on 20th April, the winner of the prize draw for a Faberham Hamper worth more than £200 has been announced as Michelle Hay, from Domesday.

Michelle won the prize draw entry 3000, as a customer of Lisa Edwards, in North Street, before enjoying the splendour of everything Faberham and leaving the Chichester Hamper-off.

On receiving her prize hamper, Michelle commented "The draw was amazing and it was lovely to see a mix of all ages, shapes and sizes on the outside. I can't wait to visit the shops that took part. I would like to say thank you to all the businesses that contributed to the fabulous hamper. It was exciting for me to take the prize home."

Lyn Bailey, City Centre Partnership Board member

commented: "We are pleased with how the day turned out. The committee worked really hard to deliver the event, which was sponsored by the Eastover Improvement District. It's a good feeling to bring something so far to the City centre – and to give such a valuable prize away! We delighted him pleased Michelle with her prize hamper."

Chichester garden centre raises funds for leading military charity through poppy sales

HILLIER NURSERY and Garden Centres will raise money in aid of Blind Veterans UK, the national charity for men injured in service wars and events, through the sale of 20,000 traditional wild flower poppies in Garden Centres across the UK, including in Hillier's Chichester branch.

The campaign will run throughout May and June.

Working to commemorate all those fallen in war since the outbreak of World War One, Hillier, the UK's leading grower of trees and garden plants, has decided to grow Poppy trees, known as the 'Flower of Peace', and will donate 20p from the sale of each plant to Blind Veterans UK.

Blind Veterans UK, formerly known as the Domesday, was founded in 1910 as a direct response to the large numbers of soldiers returning blinded from the battlefields of World War One. Today the national charity still supports blind veterans by providing free, comprehensive and lifelong practical and emotional support to them and their families, however it supports blind veterans

regardless of when they served or how they lost their sight – not only those blinded in conflict.

Hillier too has its own military connection; founded 190 years ago in 1814, the company's roots were used to supply military operations during the Second World War.

Larry Rowland, Head of Marketing at Hillier Nurseries, said: "Flower of Peace poppies are, of course, the symbol of remembrance during dark and grey times to World War One. They are well remembered because when the soil has been disturbed – the work of the plough in peacetime, and by men in time of war – the flower that many people will want to commemorate

the memory of World War One and feel that selling poppies will help raise funds in aid of Blind Veterans UK."

an excellent way of doing this."

Andrew Jones, Director of Fundraising and Communications at Blind Veterans UK, said: "Blind Veterans UK is extremely grateful to be working with such a well-known organisation as Hillier. Together we will be raising vital funds to support thousands of veterans whose lives have been seriously affected by service sight loss. Every penny raised will make a real difference to them who served our country."

The poppy promotion will take place throughout May and June in Hillier garden centres and other leading garden centres across the UK.

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CFT get ready for first production



Joshua McGuire will play Mozart in *Amadeus*, alongside Rupert Everett as Salieri. The production also features Anne Doolley and John Doolley.

Amadeus will be the first production staged at the Festival Theatre, which is approaching completion.

Producers Randall will direct

Freddie R. Johnson in the *Clear De Luce*.

Jonathan Gray, Mike Grealy, Paul Ruddy and Maria Nemes join cast of *Julius & Eckhardt*.

Julius & Eckhardt is currently starring at the highly praised Prince of the Danube. The production is confirmed to play Mozart in *Amadeus*, alongside Rupert Everett as Salieri, John Doolley as Salieri

also include Park of the Royal Court and West End, the theatre at the Festival Theatre's Globe and B&C in the West End.

Also confirmed for the Amadeus cast are James Buckley as Constantine, who will also include Michael Gordon's production of Henry VIII, The Tempest at Shakespeare's Globe and A Little Night Music at the Warner Chaudron Theatre.

James Buckley and Maria Nemes will be featured in a *Julius & Eckhardt* production, which includes the West End production of *Amadeus* at the Royal Court, London. The production also includes the West End production of *Amadeus* at the Royal Court, London. The production also includes the West End production of *Amadeus* at the Royal Court, London.

Amadeus will be the first production staged at the newly refurbished Festival Theatre, which is approaching completion. The theatre is a £20 million redevelopment. The theatre is a £20 million redevelopment. The theatre is a £20 million redevelopment.

Disappointed Director Producers Randall will direct Freddie R. Johnson in the *Clear De Luce*. Randall will direct Freddie R. Johnson in the *Clear De Luce*. Randall will direct Freddie R. Johnson in the *Clear De Luce*.

James Buckley and Maria Nemes will be featured in a *Julius & Eckhardt* production, which includes the West End production of *Amadeus* at the Royal Court, London. The production also includes the West End production of *Amadeus* at the Royal Court, London. The production also includes the West End production of *Amadeus* at the Royal Court, London.

Freddie R. Johnson in the *Clear De Luce* is at the Festival Theatre, 11 November - 12 December. At the Festival Theatre, 11 November - 12 December. At the Festival Theatre, 11 November - 12 December.

What's On in your local area...

- **Friday 10th** - Short film and drama of the family guide to the festival. The festival is a family guide to the festival. The festival is a family guide to the festival.
- **A Family and Local History Day** - A Family and Local History Day. A Family and Local History Day. A Family and Local History Day.
- **Wednesday 28th** - The festival is a family guide to the festival. The festival is a family guide to the festival.

- **Chesham and District Archaeology Society** will be holding their annual open evening. The festival is a family guide to the festival. The festival is a family guide to the festival.
- **Chesham Art Society** has two new workshops coming up. The festival is a family guide to the festival. The festival is a family guide to the festival.

- **The All-England Tour** is holding Chesham Golf Day. The festival is a family guide to the festival. The festival is a family guide to the festival.
- **Concerts** - A concert club which provides friendship and companionship for single people. The festival is a family guide to the festival. The festival is a family guide to the festival.

- **FREE ENTRY** - If you love great food and drink, then this is the place for you. The festival is a family guide to the festival. The festival is a family guide to the festival.
- **Concerts** - A concert club which provides friendship and companionship for single people. The festival is a family guide to the festival. The festival is a family guide to the festival.

- **It's only one Tuesday** at the Walnut Tree. The festival is a family guide to the festival. The festival is a family guide to the festival.
- **The 10th annual** - The festival is a family guide to the festival. The festival is a family guide to the festival.

Food & Drink

Food poverty charity hits out at minister's food bank claims

FOOD POVERTY charity the Trussell Trust has hit out at claims by a government minister that the coalition's welfare reform policy is not to blame for a dramatic rise in food bank usage.

The charity said that the government's welfare reforms, including the controversial 'bedroom tax', had "accelerated" the need for food banks in the UK.

The comments came in response to a letter sent by employment minister Iain Dukes, writing to the Scottish parliament claiming that "the rise in food bank requests must be the welfare reform that government has put in place". The Scottish National Party described the letter as "outrageous".

Iain Dukes, regional development officer at the Trussell Trust, said: "All the improved evidence and research shows that welfare reform is the main factor driving increasing demand for food banks."

The charity, which supports more than 1,000 foodbanks across

the UK, predicted last year that it had handed out around half a million emergency food parcels.

"Food banks are responding to a need that has always existed, but welfare reform has exacerbated that," Iain added.

"The rising cost of food and fuel is also a factor driving up the need for food banks but all the research indicates the key factor is welfare reform."

"All we are asking is that the UK government takes note of this and provides some creative solutions. In meeting the Trussell Trust supported 1,000 people in the past financial year we supported 1,000. The numbers keep on rising."

Mr Dukes recently said in a debate on food poverty in December that "it is right to say that more people are using food banks, as we would expect".

She added: "There are tough and we all have to pay back the £1.6 trillion of personal debt."

Food stunt captures headlines

A LONDON restaurant is dodging the technicalities of the end of a meal and is asking customers to simply photograph their food to pay for it.

The Picture House pop-up restaurant opened in Soho on Thursday.

In the start by Little Eye, diners are encouraged to photograph their meals and share them online.

Instead of paying with cash, customers have to tweet the bill with an Instagram photograph using the hashtag #littleyehospitality.

The pop-up diner has been set up after research reveals that more than half of diners regularly take photos of their meals.

While one in ten takes at least one snap of their food every week, one per cent insist on not being able to go a single day without photographing a picture of one of their dishes, according to the Little Eye survey.

And foodies have an eye for how to present their meals, with more than a third of diners admitting they actively arrange their food on a plate with the intention of sharing it



online, while more than a third take pictures of their meals to fax their restaurants.

British diners who are obsessed with achieving the perfect food selfie, and one per cent say they always dinner at their favorite meal to snap and upload online.

Little Eye is launching the socially restaurant as part of its 'Food of Life' campaign - a major new advertising offensive aimed at changing people's perceptions of food by focusing on how

social diners eat and interact at meal times.

Little Eye marketing director Margaret Jellicoe said: "Taking photos of food enables people to share off and to share their meal time moments from the comfort of the very special. It's a chance to tap into the trend and create a new reason for people to talk about and sample our signature range."

The Picture House pop-up restaurant opened its doors at the Fox Trading Hotel.

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Travel

Plane Etiquette Revealed



BEING STUCK in the cramped confines of a flying jet is enough to make anyone a little irritable. So when you add noisy passengers, teething children and seat buckles into the mix, it's enough to make you lose it entirely. Below we outline some simple rules to make air travel a more pleasant experience for all.

Save the drinking for the holiday Holidays are a time to let loose and have fun, but does the party need to start on the plane? Or is the airport bar for that matter? In a survey by LetiDolls.co.uk, it was found that the most annoying thing to deal with on a long flight is drunk and noisy passengers. No doubt next time you

prepare leave, have a drink or two if you like. It may help to ease those nerves away after all. But please, try to stop before becoming too loud and obnoxious.

Be considerate of other people's space

A lot of attention that rates high on the annoyance list for travellers is dealing with seat buckles. So kind to the passenger in front and take care when adjusting your entertainment system and leg table. The same goes for your seat. Keep it upright and you are allowed to recline and when you do so, do it slowly. The person behind you may have trouble on their table that could spill if you recline too fast. As well as this, try not to engage on your neighbour's personal space too much. There's no need to have a huddle over the internet.

Respect your neighbour's privacy

While it's important not to create a fellow passenger's space, it's

equally important not to invade their privacy. You may like to make friends whenever you go, but that doesn't mean that the stranger sitting next to you does. Sure, some people enjoy chatting when they travel, but many value the time to read, catch up on work or to simply relax on a flight alone. The same goes for reading. It's someone else's holiday. It's summer and relaxing, so if you're prone to yawning, hold on a flight, take a break and keep yourself entertained!

Don't allow your children to run wild

Rambunctious children and crying babies can be extremely annoying on a flight, around as much as an incoherent, LetiDolls-faced that passengers would pay an extra day per return ticket, for an adult-only flight. We understand that kids will be kids, but if you're flying with a young child, keep an eye on them and ensure that they are kept under control. Long haul flights can be boring for children

so plan ahead and take along some games, activities or coloring books to help keep them entertained.

Be conscious of personal hygiene

Being next to someone with bad personal hygiene on any form of public transport is rough enough, but in a cramped and airless cabin? It is nothing short of a form of torture. Try to be considerate of your fellow passengers when flying and don't leave a flight smelling of fumes, cigarette or body odour. And unless absolutely necessary, restrain the urge to take off your shoes on flight.

Flying can be difficult enough without having to deal with inconsiderate passengers. If you're a perpetrator at any of the ones above, it's worth remembering that bad behaviour can lead to being kicked off the plane. So heed our advice and be kind to your fellow passengers. Happy travelling!

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How do you sleep? And are you still feeling tired?

The position in which you sleep can reveal lots about your personality

1. STOMACH

If you prefer a flat-back position, you're probably a perfectionist who is responsible, persistent and goal oriented, according to experts. That may be good for your career, but it won't do your body any favours. It can put your neck into an awkward position and put excess pressure on your spine. To avoid waking up aching, gently stretch yourself into sleeping in a fetal pose by lying on your side with a pillow between your knees.

2. EYES

Staring straight up at the ceiling can signal an adventurous, confident and receptive personality. Gazing side on your back can also show how bold you are, and some people find a pillow under their knees in this position helps ease stress that has developed right under strain in your career, so it's not all bad for stress.

3. LEGS

Stomping up out of women and 50 per cent of men spend the night as



Denise Kelly
Lifestyle Editor

their sides. Most curl into a semi-fetal pose, with their knees slightly bent. It is said such people tend to be considerate, whereas those who remain in full fetal (with their knees tucked to their chest) are introverted and intense. Health-wise, sleeping on your side with knees bent, and resting on your left arm, is the best position.

Does any of this make you feel tired?

4. WHY ARE YOU TIRED?

Without adequate fluid intake, blood pressure drops, slowing delivery of oxygen to the brain, which can leave you feeling foggy. The amount of fluid needed depends on the individual, but you should aim for between six and eight glasses of water a day at least.

5. YOUR BEDROOM

Hypertension is when your blood, a fluid that pushes hormones to control sleepiness and hunger, is underactive. It's a common cause of constipation, but hard to pinpoint without a doctor. A simple blood test can detect changes.

6. ALCOHOL

More than half of us reach for a glass of wine before bed for a few times a week to relax after a longer day. While alcohol relaxes you initially, it can compromise your sleep quality, even if you can get the recommended 7-8 hours. The chemicals in alcohol disrupt your sleep cycle, preventing you from entering deep sleep. They also cause the body to wake up.

7. YOU HAVE SLEEP APNOEA

The disorder affects 25% of the population. Sufferers wake up because they're struggling to breathe from their lungs to breathe in. Some are born with it, but you'll sleep for longer because your sleep quality is compromised. The condition can't be cured, but you can manage it with CPAP therapy, which is used to help you breathe during sleep.

and waking up with a headache, caused by a mechanical lack of oxygen, are all symptoms of sleep apnoea.

8. STOPPERS

A snore can take the edge off an afternoon slump, but the duration of your doze depends on it. It has been shown that snoring is a good sign of a good night's sleep, but only if you're not snoring too much. If you're snoring too much, it can be a sign of a sleep disorder. If you're snoring too much, it can be a sign of a sleep disorder. If you're snoring too much, it can be a sign of a sleep disorder.

9. YOUR MOOD

Many depressed people aren't just down in the dumps - they're sleeping.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy, Denise does provide consultations in three clinics in West Sussex. She also teaches life-changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her on 01243 537806 or visit her website at www.denisekelly.co.uk or email her at info@denisekelly.co.uk or denise@denisekelly.co.uk.



too. Depression doesn't necessarily make you sleep more, it just makes getting out of bed tougher, which could lead to more sleep.

10. MENSTRUAL DEFICIENCY

Menstruation plays a vital role in maintaining blood glucose levels, muscle health and concentration. So a lack of it can leave you feeling lethargic. Menstruation is linked to body temperature and, with a supplement, can help.

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Dr Feng Wang is an associate of the ITCI (Institute of Traditional Chinese Medicine and Acupuncture UK). He has been practicing his profession over 18 years and has his own clinic in Chichester centre.



Dr Feng Wang has been practicing acupuncture and other holistic therapies in London, Portsmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chongqing University of Traditional Chinese Medicine, he had practiced acupuncture and medical herbology in China for 12 years.

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Celebrating National Massage Day with a great Reader Offer!



Today (Friday) it's National Massage Day where everyone in the UK is encouraged to reach out and touch someone they care for.

Supporting the relaxation day and keen to ensure Chichester residents take a moment to enjoy the marvellous benefits that massage can bring, is Chichester's Balanced Wellness.

Highly different activities planned

up and down the country to mark the day, Balanced Wellness are keen to highlight the importance of touch through our workshops and are offering all our usual and new massage booked between Friday the 10th and Friday the 17th of May.

"The benefits of massage are great", says Laura Kewenig, Centre manager at Balanced Wellness.

"It's a chance that so many people miss out on a luxury rather than a necessity for treatment for a healthy lifestyle."

To book your massage, get in touch with the Centre now. Email - info@balancedwellnesschichester.co.uk or call 01243 788678.



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**ALDWICK****£285,000**

A well presented detached house situated within approx half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of refurbishing & refurbishment by the current owners. G.F.H. is PFI Q date placing customers good sized front garden lounge with attached contemporary fitted kitchen with orched opening to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several cars and garden including a 100' rear EPIC Rating C.

**FORD****£755,000**

A detached cottage style house set in approx two acres of ground offering good views over the river. The property has potential for future development. It has an 110' rear garden, extensive tubular and super long lawn, along with good access to the river, separate utility room, master bedroom with en suite, shower room, two further bedrooms, second shower room, detached single garage with double door work to shed, swimming pool and hot tub, 30' wide garden close EPIC Rating C.

**PAGHAM****£250,000**

An interesting and unusual attached property situated in a quiet sea location approx half a mile to the beach, close to River Stairs and Regent. The apartment has a spacious ground floor living room, ground floor master bedroom with en suite, shower room, two further ground floor bedrooms, kitchen, bright and spacious, first floor living room, kitchen and sitting room with en suite, south facing garden and parking for several cars. EPIC Rating C.

**HYETIMBER****£265,550**

A thoughtfully specified detached bungalow situated in a good sized plot in quiet location, within half a mile of shops, schools and the beach. The property has been converted over the years and offers double front entrance, new central heating, a new kitchen, G.F.H. has a 30' long deep rear garden, separate utility room, shower room, second bedroom, bathroom, good size garage and large garden. EPIC Rating C.

**ALDWICK BAY ESTATE****£270,000**

A very well presented two storey detached house in a quiet development approx 1.5 miles from the shore. The property has been made the subject of a programme of refurbishment and modernisation and includes a G.F.H. is PFI Q date placing. The property has a large rear garden with detached double garage, swimming pool and hot tub, 30' wide garden close EPIC Rating C.

**ALDWICK BAY ESTATE****£265,000**

A ground floor detached house situated in a quiet development approx 1.5 miles from the shore. The property has been made the subject of a programme of refurbishment and modernisation and includes a G.F.H. is PFI Q date placing. The property has a large rear garden with detached double garage, swimming pool and hot tub, 30' wide garden close EPIC Rating C.

**ALDWICK****£145,880**

A one bedroom single storey apartment in the grounds of the Royal Bay care home, purpose built to be ideally suited to many safety features and the availability of any level of assistance from the care home staff. It includes a large living room, kitchen, bathroom, shower room, parking space. EPIC Rating C.

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Citroën and Arsenal sign new three-year partnership agreement



Arsenal manager Arsène Wenger with Citroën dealer

CITROËN has signed a new three-year partnership agreement with Arsenal Football Club. The new

contract means that Citroën will continue its role as the Club's Official Automotive Partner and will further strengthen a successful association that began in 2001.

Reaching significant branding presence around Emirates Stadium, Citroën will build upon its successful partnership programme, with a range of new marketing, digital, dealer and promotional activities. Citroën will also continue to supply the association outside the UK, within its home market of France.

As part of the agreement, Citroën will provide a number of vehicles for Arsenal coaches and staff. They will be able to choose from Citroën's award winning vehicle line-up, including the New C4 Picasso and Grand C4 Picasso MPV's, and the distinctive DS line. The soon to be launched new C4 and C4 Cactus models will also be made available to the Club's fast-paced owner.

Citroën's versatile LCV range, including the recently revealed New Relay, will continue its pivotal role in the transportation of equipment around the country, as well as supporting the Club's community outreach programme.

Linda Jackson, Citroën UK's

Managing Director, commented: "Citroën and Arsenal have enjoyed a positive and successful partnership since 2001 and we're delighted to be continuing that association. This is a very exciting time for the Citroën brand and we look forward to sharing our fresh thinking and excitement for our new models with Arsenal and the Club's loyal fan community."

Vann Venkateshram, Sales and Marketing Director of Arsenal Football Club, added: "Citroën continue to bring tremendous enthusiasm to our association and we have enjoyed a highly successful partnership since 2001. We are delighted to be extending our longstanding partnership with Citroën for further, which will run until at least 2017. We look forward to working closely with them to develop new ideas and inspiring projects focused at Arsenal fans as well as the wider football community."

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